

DIETARY SCREENER QUESTIONNAIRE

These questions are about foods you ate or drank during the past month, that is, the past 30 days. When answering, please include meals and snacks at home, at work or school, in restaurants, and anyplace else.

Mark an ☒ to indicate your answer. To change your answer, completely fill the box for the incorrectly marked answer (☒). Then mark an X in the correct one. Your answers are important.

1 How old are you (in years)?

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years

2 Are you male or female?

- ☐ Male
☐ Female

3 During the past month, how often did you eat **hot or cold cereals**? *Mark one ☒.*

- ☐ Never → **Go to question 4.**
- ☐ 1 time last month
☐ 2-3 times last month
- ☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
- ☐ 1 time per day
☐ 2 or more times per day

4 During the past month, what kind of cereal did you usually eat? – *Print cereal.*

5 If there was another kind of cereal that you usually ate during the past month, what kind was it? – *Print cereal, if none leave blank.*

6 During the past month, how often did you have any **milk** (either to drink or on cereal)? Include regular milks, chocolate or other flavored milks, lactose-free milk, buttermilk. Please do **not** include soy milk or small amounts of milk in coffee or tea. *Mark one ☒.*

- ☐ Never → **Go to question 6.**
- ☐ 1 time last month
☐ 2-3 times last month
- ☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
- ☐ 1 time per day
☐ 2-3 times per day
☐ 4-5 times per day
☐ 6 or more times per day

7 During the past month, what kind of milk did you usually drink? *Mark one ☒.*

- ☐ Whole or regular milk
☐ 2% fat or reduced-fat milk
☐ 1%, ½%, or low-fat milk
☐ Fat-free, skim or nonfat milk
☐ Soy milk
☐ Other kind of milk – *Print milk.*

8 During the past month, how often did you drink **regular soda or pop** that contains sugar? Do **not** include diet soda. *Mark one ☒.*

- ☐ Never
- ☐ 1 time last month
☐ 2-3 times last month
- ☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
- ☐ 1 time per day
☐ 2-3 times per day
☐ 4-5 times per day
☐ 6 or more times per day



- 9 During the past month, how often did you drink **100% pure fruit juices** such as orange, mango, apple, grape and pineapple juices? Do **not** include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. *Mark one* ☒.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2-3 times per day
☐ 4-5 times per day
☐ 6 or more times per day

- 10 During the past month, how often did you drink coffee or tea that had **sugar** or **honey** added to it? Include coffee and tea you sweetened yourself and presweetened tea and coffee drinks such as Arizona Iced Tea and Frappuccino. Do **not** include artificially sweetened coffee or diet tea.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2-3 times per day
☐ 4-5 times per day
☐ 6 or more times per day

- 11 During the past month, how often did you drink **sweetened** fruit drinks, sports or energy drinks, such as Kool-Aid, lemonade, Hi-C, cranberry drink, Gatorade, Red Bull or Vitamin Water? Include fruit juices you made at home and added sugar to. Do **not** include diet drinks or artificially sweetened drinks.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2-3 times per day
☐ 4-5 times per day
☐ 6 or more times per day

- 12 During the past month, how often did you eat **fruit**? Include fresh, frozen or canned fruit. Do **not** include juices.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 13 During the past month, how often did you eat a green leafy or lettuce **salad**, with or without other vegetables?

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day



- 14** During the past month, how often did you eat any kind of **fried potatoes**, including french fries, home fries, or hash brown potatoes?

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 15** During the past month, how often did you eat any **other kind of potatoes**, such as baked, boiled, mashed potatoes, sweet potatoes, or potato salad?

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 16** During the past month, how often did you eat refried beans, baked beans, beans in soup, pork and beans or any other type of cooked dried beans? Do **not** include green beans.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 17** During the past month, how often did you eat **brown rice** or other cooked whole grains, such as bulgur, cracked wheat, or millet? Do **not** include white rice.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 18** During the past month, not including what you just told me about (green salads, potatoes, cooked dried beans), how often did you eat **other vegetables**?

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 19** During the past month, how often did you have Mexican-type **salsa** made with tomato?

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 20 During the past month, how often did you eat **pizza**? Include frozen pizza, fast food pizza, and homemade pizza.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 21 During the past month, how often did you have **tomato sauces** such as with spaghetti or noodles or mixed into foods such as lasagna? Do not include tomato sauce on pizza.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 22 During the past month, how often did you eat any kind of **cheese**? Include cheese as a snack, cheese on burgers, sandwiches, and cheese in foods such as lasagna, quesadillas, or casseroles. Do **not** include cheese on pizza.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 23 During the past month, how often did you eat **red meat**, such as beef, pork, ham, or sausage? Do **not** include chicken, turkey or seafood. Include red meat you had in sandwiches, lasagna, stew, and other mixtures. Red meats may also include veal, lamb, and any lunch meats made with these meats.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 24 During the past month, how often did you eat any **processed meat**, such as bacon, lunch meats, or hot dogs? Include processed meats you had in sandwiches, soups, pizza, casseroles, and other mixtures.

Processed meats are those preserved by smoking, curing, or salting, or by the addition of preservatives. Examples are: ham, bacon, pastrami, salami, sausages, bratwursts, frankfurters, hot dogs, and spam.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 25** During the past month, how often did you eat **whole grain bread** including toast, rolls and in sandwiches? Whole grain breads include whole wheat, rye, oatmeal and pumpernickel. Do **not** include white bread.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 26** During the past month, how often did you eat **chocolate** or any other types of candy? Do **not** include sugar-free candy.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 27** During the past month, how often did you eat **doughnuts**, sweet rolls, Danish, muffins, pan dulce, or pop-tarts? Do **not** include sugar-free items.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 28** During the past month, how often did you eat **cookies, cake, pie or brownies**? Do **not** include sugar-free kinds.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 29** During the past month, how often did you eat **ice cream or other frozen desserts**? Do **not** include sugar-free kinds.

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

- 30** During the past month, how often did you eat **popcorn**?

☐ Never
☐ 1 time last month
☐ 2-3 times last month
☐ 1 time per week
☐ 2 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

